Kick off the week by eating breakfast as we celebrate National Breakfast Week! Studies show students who regularly eat breakfast report being more motivated at school, score high on standardized tests, have improved short-term memory, and are at a healthier weight than students who do not regularly eat breakfast. Like all meals of the day, a balance of food groups is important at breakfast as well. Below are several choices found in your school cafeteria:

- Cold Cereal with a banana and milk
- Vanilla yogurt topped with granola and frozen blueberries
- Oatmeal topped with dried mixed fruit and 1% milk
- Oatmeal breakfast cookie and 100% orange juice

Monday, March 2, 2020

**Breakfast**
- Cinnamon Glazed French Toast
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Cheese Calzone w/ Pasta Sauce
- Buffalo Style Chicken Munchins w/ a Tea Roll
- Korean BBQ Beef on a Bun
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Steamed Green Beans
- Baked School Fries

Tuesday, March 3, 2020

**Breakfast**
- Breakfast Sausage Wrap w/ Maple Syrup
- Iced Strawberry Cup
- Hot Peach Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Not So Macho Nachos
- Chicken & Cheese Taquitos
- Macho Nachos
- Country Beef Cutlet on a Bun
- Sandwich of the Day: Turkey & American
- Reftied Beans
- Golden Corn

Wednesday, March 4, 2020

**Breakfast**
- Cinnamon Muffin Square
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Cheeseburger on a Bun
- Tangerine Chicken w/ Steamed Brown Rice & Tea Roll
- Chicken Alfredo w/ Penne Pasta & Tea Roll
- Hamburger on a Bun
- Sandwich of the Day: Country Boy
- Baked School Fries

Thursday, March 5, 2020

**Breakfast**
- A+ Biscuit
- Iced Peach Cup
- Hot Peach Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**Lunch**
- Italian Falafel Sub Sandwich
- Popcorn Chicken Bowl w/ a Tea Roll
- Homestyle Beef Lasagna w/ a Tea Roll
- Sandwich of the Day: Turkey Deli Wrap
- Whipped Potatoes w/ Gravy
- Golden Corn

Friday, March 6, 2020

**BREAKFAST**
- Warm Pancakes with Maple Syrup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

**LUNCH**
- A+ Cheese Pizza
- Mini Corn Dogs
- Spicy Chicken Patty on a Bun
- A+ Hamburger Pizza
- Crispy Chicken Patty on a Bun
- Sandwich of the Day: Italian Deli Wrap
- Steamed Green Beans
- Steamed Carrots

Menu Key: - Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item
- Vegan

Complimentary Breakfast is Available for ALL Enrolled Students in All Schools!

Lunch Prices

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DR. SUESS’S BIRTHDAY

Menu Key: - Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item
- Vegan

Complimentary Breakfast is Available for ALL Enrolled Students in All Schools!

Every Day

- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- For cold 1% fat free milk is offered as part of every meal, but is not required to be taken. (Cups of cold water are available, free of charge.)

**Daily Lunch Options**
- Yogurt Parfait, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian entire items offered daily.
- Roasted Red Pepper Hummus and Spinach & Feta Chapaters are vegetarian entire items offered daily.
- All menu items are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.

**Special Items**
- All baked goods and fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.

Monday: Cereal or Syrup

Tuesday: Vanila Bear Grahams

Wednesday: Breakfast Sausage Wrap

Thursday: Warm Pancakes with Maple Syrup

Friday: Warm Pancakes with Maple Syrup

Tuesday, March 3, 2020

- **Breakfast**
  - Breakfast Sausage Wrap w/ Maple Syrup
  - Iced Strawberry Cup

- **Lunch**
  - Not So Macho Nachos
  - Chicken & Cheese Taquitos
  - Macho Nachos
  - Country Beef Cutlet on a Bun
  - Sandwich of the Day: Turkey & American
  - Reftied Beans
  - Golden Corn

Wednesday, March 4, 2020

- **Breakfast**
  - Cinnamon Muffin Square
  - Hot Oatmeal or Assorted Cold Cereal
  - Apple Oatmeal Bars or Chocolate Oatmeal Bars
  - Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

- **Lunch**
  - Cheeseburger on a Bun
  - Tangerine Chicken w/ Steamed Brown Rice & Tea Roll
  - Chicken Alfredo w/ Penne Pasta & Tea Roll
  - Hamburger on a Bun
  - Sandwich of the Day: Country Boy
  - Baked School Fries

Thursday, March 5, 2020

- **Breakfast**
  - A+ Biscuit
  - Iced Peach Cup
  - Hot Peach Oatmeal or Assorted Cold Cereal
  - Apple Oatmeal Bars or Chocolate Oatmeal Bars
  - Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

- **Lunch**
  - Italian Falafel Sub Sandwich
  - Popcorn Chicken Bowl w/ a Tea Roll
  - Homestyle Beef Lasagna w/ a Tea Roll
  - Sandwich of the Day: Turkey Deli Wrap
  - Whipped Potatoes w/ Gravy
  - Golden Corn

Friday, March 6, 2020

- **Breakfast**
  - Warm Pancakes with Maple Syrup
  - Hot Oatmeal or Assorted Cold Cereal
  - Apple Oatmeal Bars or Chocolate Oatmeal Bars
  - Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bear Grahams

- **Lunch**
  - A+ Cheese Pizza
  - Mini Corn Dogs
  - Spicy Chicken Patty on a Bun
  - A+ Hamburger Pizza
  - Crispy Chicken Patty on a Bun
  - Sandwich of the Day: Italian Deli Wrap
  - Steamed Green Beans
  - Steamed Carrots

Menu Key: - Contains Pork
- Locally Grown
- Meatless Item
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Complimentary Breakfast is Available for ALL Enrolled Students in All Schools!

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Visit our website for nutrition information, free/reduced applications, and more about our program at [www.schoolcafe.com](http://www.schoolcafe.com). Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9887. School lunch money may be transferred to other accounts, carried over to the next school year, or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, you can use the payment service at [www.schoolcafe.com](http://www.schoolcafe.com).

This institution is an equal opportunity provider. Medical statements can be found on the website for students requiring special meals. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9887. School lunch money may be transferred to other accounts, carried over to the next school year, or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, you can use the payment service at [www.schoolcafe.com](http://www.schoolcafe.com).
Monday, March 16, 2020

Breakfast
- Orange Crumb Muffin Top w/ Vanilla Bean Graham
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars Or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Graham

Lunch
- Spicy Black Bean Sandwich
- Beef Ranchero Pizza
- Cheese Breadsticks w/ Pasta Sauce
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Baked School Fries
- Steamed Green Beans

Chef Salad: No Chef Salads!

Tuesday, March 17, 2020

Breakfast
- Glazed Raised Donut
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars Or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Graham

Lunch
- General Tso Chicken w/ Steamed Brown Rice & a Tea Roll
- BBQ Rib on a Bun
- Hamburger Quesadilla
- Sandwich of the Day: Turkey Deli
- Steamed Fresh Broccoli
- Steamed Peas

St. Patrick’s Day

Chef Salad: Grilled Chicken Strips, Mozzarella, Spinach Salad, & Tea Rolls

Wednesday, March 18, 2020

National Sloppy Joe Day

Breakfast
- Breakfast Sausage Pizzazz Pizza
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars Or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Graham

Lunch
- Pizzeria Style Cheese Pizza
- Sloppy Joe on a Bun
- Chicken Egg Roll w/ Steamed Brown Rice & Teriyaki Chicken Dippers
- Pizzeria Style Pepperoni Pizza
- Sandwich of the Day: Pastrami & White American on a Bagel
- Baked School Fries
- Western Bean w/ Frozen Whole Strawberries

Chef Salad: Smoked Turkey, White American, Spinach Salad, Breaststick, & Tea Rolls

Thursday, March 19, 2020

Breakfast
- Cinnamon Raisin Roll
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars Or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Graham

Lunch
- Breaded Chicken Nuggets w/ Tea Roll
- Hamburger on a Bun
- Pepperoni Pocket
- Cheeseburger on a Bun
- Sandwich of the Day: Classic
- Whipped Potatoes w/ Gravy
- Apple Crisp

Chef Salad: Turkey Deli, American, Spinach Salad, & Tea Rolls

Friday, March 20, 2020

Breakfast
- Colby Cheese Omelet with a Warm Biscuit or Tortilla
- Iced Mixed Fruit Cup
- Hot Oatmeal or Assorted Cold Cereal or Apple Oatmeal Bars or Chocolate Oatmeal Bars Or Chilled Yogurt Bar or Hard Cooked Eggs and Vanilla Bean Graham

Lunch
- Cheesy Dog on a Bun
- BBQ Pulled Pork Nachos
- Hot Dog on a Bun
- + Cheese Pizza
- Sandwich of the Day: Hoagie
- Golden Corn
- Iced Blueberries

Chef Salad: Grilled Chicken Strips, Black Bean & Corn Salsa, Spinach Salad, Tri-Colored Tortilla Chips, Southwestern Ranch Dressing

Menu Key: - Contains Pork - Locally Grown - Meatless Item - Spicy - New Item - Vegan

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Every Day

- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- For cold & hot milk in glass is offered as part of every meal, but is not required to be taken. (Jugs of cold water are available, free of charge.)

Daily Lunch Options
- Yogurt Parfait, Cheese Sandwich, Sunbutter & Jelly Sandwiches, and Peanut Butter & Jelly Sandwiches are vegetarian entrée choices offered daily.
- Roasted Red Pepper Hummus and Veggie & Cheese Chapters are vegetarian entrée choices offered daily.
- All gluten-free desserts are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium cinnamon-dressing.

This institution is an equal opportunity provider.

For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

Have fun with your friends!

Being active can be more fun with other people, like friends or family members. You may also find that you make more friends when you get active by joining a sports team or dance club. Mix things up by choosing a different activity each day. Try kickball, flashlights, or other activities that get you moving, like walking around the mall. Involve your friends and challenge them to be healthy with you. Sign up for active events together, such as charity walks, fun runs, or scavenger hunts.

What if I don’t have money for sports equipment or activities?

You don’t need money or equipment to stay active. You can run or use free community facilities, such as the school’s tracks and basketball courts, to be active at least 60 minutes each day. If you want to play a sport or game that requires equipment, check with neighbors or friends at school to borrow or share supplies. A school guidance counselor or a PE teacher or coach could help you join a sports team you are interested in. They may know if the club waives or reduces fees, or if you could apply for a “scholarship” for certain activities.

For more information about special meals, contact our office at 531-299-0230 for further information.

Requires maximum one staple, one vegetable or a fruit. For a complete lunch, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit. This institution is an equal opportunity provider.